



Public Health
Prevent. Promote. Protect.

**Madison Health
Department**

HEAT & SUN SAFETY PREVENTION TIPS

JUNE 2019

This packet includes prevention tips on dealing with sun
and heat safety, hydration, and safe stretches

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HEAT & SUN SAFETY

MADISON HEALTH DEPARTMENT



Stay Cool

Pace yourself while working or exercising in hot weather.



Stay Cool

Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.

Do not rely on a fan as your main cooling source when it's really hot outside.

Don't use the stove or oven to cook—it will make you and your house hotter. Wear loose, lightweight, light-colored clothing.

Take cool showers or baths to cool down. Do not engage in very strenuous activities and get plenty of rest.

Stay Hydrated!

During hot weather you will need to increase your fluid intake, regardless of your activity level. . During heavy exercise in a hot environment, drink enough non-alcoholic cool fluids each hour to maintain normal color and amount of urine output.

Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

Warning: If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.



Protect Your Skin

- Use sunscreen with **SPF 15 or higher**
- Cover up with a **wide-brimmed hat**
- Wear **light-colored clothing**

BEAT THE HEAT

Centers for Disease Control and Prevention
National Center for Environmental Health

Stay Informed!

Check the local news for health and safety updates.

Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

For More information contact your local Health Department



Stay Hydrated

Drink more water than usual - and don't wait until you're thirsty!

BEAT THE HEAT

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Low Impact Fitness Tips

Stretch



Upper Back Stretch



Sit and Reach Stretch

Upper Back Stretch

1. Begin seated with relaxed shoulders.
2. Extend arms forward at shoulder height and hold your hands together while pulling your back and shoulders forward.
3. Hold for 10 seconds.

Sit and Reach Stretch

1. Begin seated with knees slightly bent.
2. Keep your heels on the floor and toes pointed toward the ceiling.
3. Extend both arms in front and reach to touch your toes.
4. Hold for 10 seconds

Balance/Strength



Flamingo Stand



Knee Extensions

Flamingo Stand-Balance

1. Stand with feet together and arm relaxed at sides. Hold onto something sturdy if needed.
2. Bend one knee to lift the foot slightly off the ground and balance with your other leg.
3. Hold for 10 seconds and repeat with other leg.

Knee Extensions-Strength

1. Begin seated in a chair and keep knees bent.
2. Slowly extend your left leg forward and hold/squeeze upper leg for a few seconds and slowly lower your leg down.
3. Repeat with left side.
4. Do 10 reps per leg.

YOU SHOULD:

- DO AT LEAST 30 MINUTES OF AEROBIC ACTIVITY SUCH AS WALKING OR SWIMMING PER DAY.

